



FIVE FOR FAMILIES IDEA

Ways to Help Others

Helping others doesn't have to take a lot of energy or money. Small gestures can mean a lot to someone else, and increase awareness of your own resources and strength.

Listen: Be available, attentive and non-judgmental. Being a sounding board allows others to come up with their own solutions, feel supported and become ready to move forward.

Pass along: Sharing things we no longer use can mean a lot to another family, such as outgrown kids clothes, extra toys or unused sports uniforms.

Give your time: Hang out, pitch in or do something for someone that they can't do for themselves.

Be appreciative: Tell others the things that you enjoy or admire about them. Express gratitude for their friendship.

Learn how the 5 Strengths can help you build on your family's strengths at FiveforFamilies.org

